

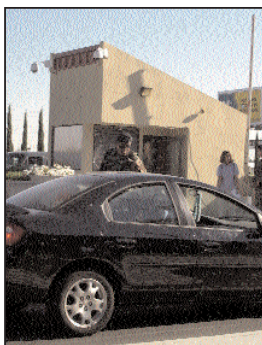
America's First Choice

TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, SEPTEMBER 10, 2004

VOLUME 29, NUMBER 36



GATE CONSTRUCTION

Main gate construction to close inbound lanes Sept. 17.

3



PROMOTEES

Travis announces newest staff sergeants.

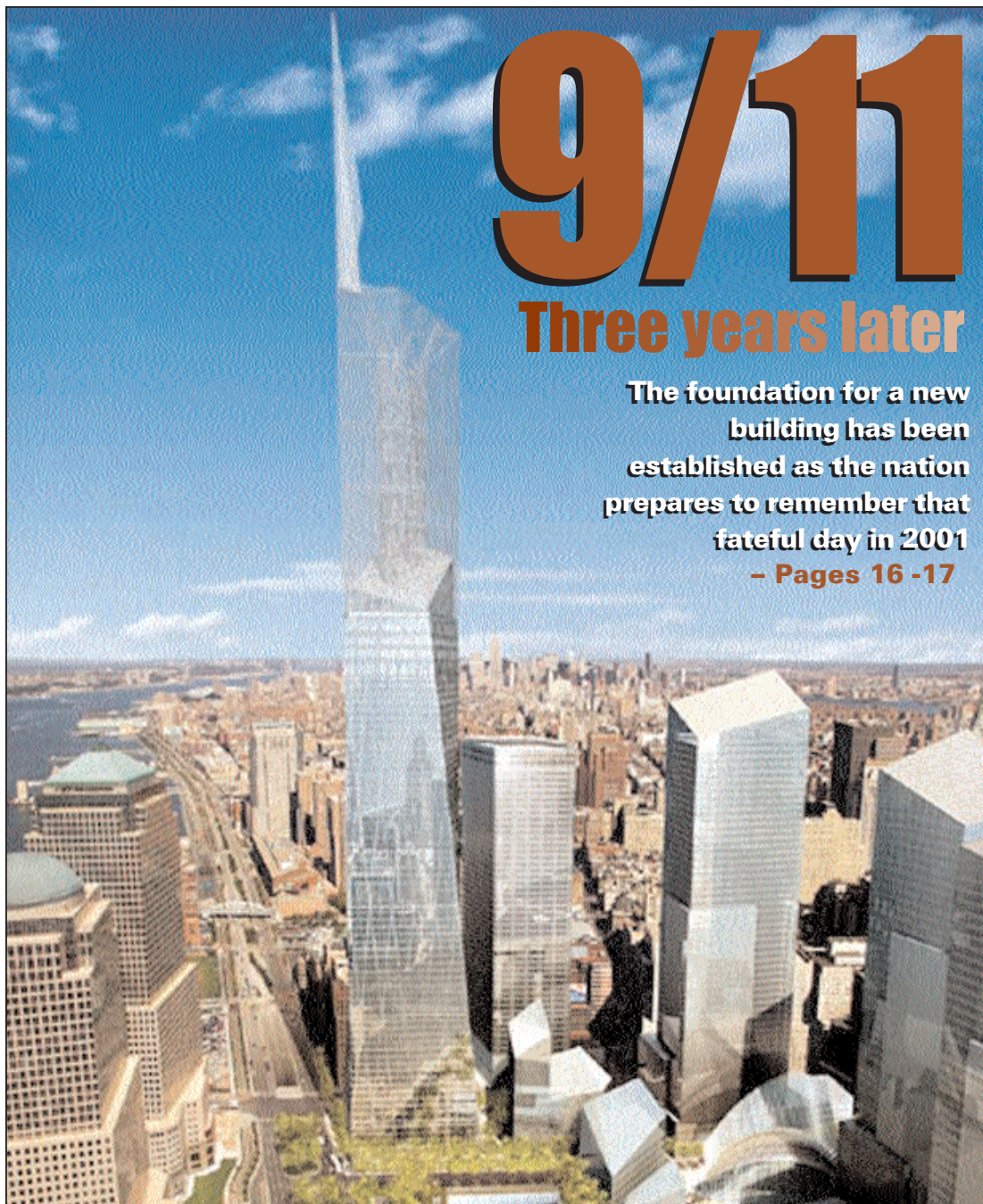
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FOOTBALL PREDICTIONS

The swami reveals game picks.

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9/11

Three years later

The foundation for a new building has been established as the nation prepares to remember that fateful day in 2001
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Commander's Corner

Travis community: simply the best

By Col. Lyn Sherlock
60th Air Mobility Wing Commander

On Sept. 11, 2001, acts of war were committed against America.

The terrorist attacks against our World Trade Center towers, the Pentagon, a field in Pennsylvania, and subsequent loss of life, will never be forgotten.

As a country, and a military community, we entered into a new era of homeland defense and war against terrorism.

Travis, along with several response agencies in Solano County, partnered to deliver humanitarian and emergency aid aboard our C-5s to the beleaguered areas on the East Coast. Our KC-10s refueled the fighter aircraft flying combat air patrol missions over the U.S.

Soon thereafter, in October 2001, U.S. and British fighters and bombers attacked the Taliban and al Qaeda in the Afghanistan mountains. Travis' KC-10s ensured those aircraft had the fuel to deliver the effects required. Travis' C-5s were the first of the Air Force's C-5 fleet to land in Kandahar, Afghanistan, carrying allied forces and resources crucial to subduing the Taliban.

In April 2003 Operation Iraqi Freedom commenced. The USAF brought firepower to bear against a brutal Iraqi regime. Travis' C-5 airlifters and KC-10 aerial refuelers once again provided the vital air bridge and airlift so critical to sustaining downrange operations.

At the same time, hundreds of Travis support personnel, to include security forces, civil engineers, services, explosive ordnance, aerial porters and air mobility specialists deployed to build up austere airfields into forward launching bases.

Additionally, warriors from the 615th Air Mobility Operations Group deployed to establish front line airfields and airfield security in Iraq. At the height of OIF, more than 1,800 people were downrange.

In addition to the active duty folks, more than 1,000 mobilized reservists from the 349th Air Mobility Wing were activated, to serve at home station and downrange.

During 2003, Travis had flown more than 68,000 flying hours and hauled more than 311 million pounds in the war against terrorism.

The community joined us in welcoming back many returning warriors last year during a basewide Welcome Home Picnic. The Travis Regional Armed Forces Committee, along with the Vacaville and Fairfield Chambers of Commerce, fostered support from businesses and civic organizations throughout the valley, providing everything from water to hamburgers. The picnic bolstered our members and their families after enduring the wartime absence.

While we celebrated the homecoming of many returning warriors, we still had hundreds deployed. This remains true

today. We are serving alongside those in uniform from other services, to include the U.S. Army, U.S. Marine Corps and U.S. Navy, as we plan for peace.

At home base, the Travis "Total Force" Team includes several Air Force components, to include the host organization, the 60th Air Mobility Wing, in addition to the 349th Air Mobility Wing, the 15th Expeditionary Mobility Task Force, the 615th Air Mobility Operations Group, the Army's 3rd Brigade, 91st Division, the Navy's VQ 3 detachment and more than 15 other tenant organizations.

What makes our mission so successful is the wonderful support we receive from citizens, neighbors and friends who live in Solano County. More than 65 percent of our military and civilian employees live in the surrounding areas. We are honored to be part of this community, and on behalf of those serving at Travis, thanks to everyone for all that has been done to show such tremendous support for our folks stationed here.

Throughout our efforts to provide rapid global mobility during the ongoing war against terrorism, Solano County's support was unwavering. At every opportunity, cities and townships were heralding the efforts of our folks overseas. I'm also deeply humbled and grateful to the tens of thousands of veterans who call the Travis community "home."



Colonel Sherlock

These veterans know the cost of war. They have fought for freedom during World War II, Korea, Vietnam, Desert Storm and the global war against terrorism, and it is our goal to carry forward their legacy of duty, service, honor and country.

In the days, months and years ahead, we will continue to provide rapid global mobility to ensure the defense of those ideals we hold dear, so our children may grow up in a world defined by peace and prosperity, and so that the horrific attacks that marked our nation nearly three years ago, will never happen again.

I salute you — the Travis Community — for your tireless support of Travis and your United States Air Force.

TAILWIND

Travis AFB, Calif.
60th Air Mobility Wing

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60th Air Mobility Wing commander

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Photo by the Lower Manhattan Development Corporation

Travis remembers Sept. 11, 2001.

ACTION LINE

TRAVIS AIR FORCE BASE

Call 424-3333

Q Road construction

My question and concern is because of all the road construction they're doing at the gate at the hospital and on Walters Road, going toward Suisun. I was wondering if it would be possible to open the south Scandia gate, for outgoing traffic, only, in the afternoon between 1 and 6 p.m., so people don't get stuck on Air Base Parkway.

A Thank you for your concern. South gate entry procedures were designed with anti-terrorism and Force pro-

tection factors in mind and the proximity to the flight line makes entry at this gate for general traffic impractical. The volume of deliveries requires the use of both lanes for inbound traffic. People operating POVs would be held up by the large number of commercial vehicles, delaying access to the base. The commercial traffic congestion also provides a natural deterrent to any drivers attempting to gain unauthorized access to the base. During periods of low traffic flow, the South gate outbound lane is closed and fortified with vehicle barriers to prevent easy access onto the installation.

Main, North gates directed to hospital until March

Tailwind staff

Gate construction and new traffic flow patterns are scheduled to begin on the Main and North gates the afternoon of Sept. 17 through March 2005.

All Main gate inbound traffic will be directed through the Hospital gate utilizing five entry lanes.

Outbound traffic will continue to use two lanes at the Main gate and one outbound lane at the Hospital gate.

Initial North gate work will have minimal impact on traffic. Construction will be confined to base property located to the west of the existing ID check station and north toward Patriot Village housing.

Upon completion of work on base property, North gate traffic will be routed through the newly constructed roads and ID check station. This will allow for the construction of lanes on the City of Fairfield property immediately outside the existing gate. There will be some minor traffic disruption during this second phase of construction.

The new gate designs are part of an Air Mobility Command effort to standardize entrances at all 12 AMC bases, and incorporate new technology and force protection initiatives.



Photo by Senior Airman Matthew Bates

Construction on the main and north gates begins Sept. 17.

Patriot Day

Chief, Secretary send message of thanks to Airmen

WASHINGTON — *The following is a Patriot Day message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:*

"On the third anniversary of Sept. 11, 2001, the world will remember those tragically lost (because of) the heinous actions of terrorists in New York, the Pentagon and Pennsylvania. These were attacks against freedom, democracy and humanity that carried a high human toll as citizens from the United States and many other countries lost their lives.



General Jumper

"This Patriot Day, we honor the memo-

ries of those lost, and we pay tribute to those answering freedom's call to combat terrorism around the world.

"Your efforts over the last three years have been phenomenal. You continue to professionally safeguard the skies of America. You have dispersed al-Qaida and toppled the Taliban government in Afghanistan. And, you were instrumental in ending a cruel regime in Iraq and ensuring that a new, democratic government could take root.

"Our superior total force of active duty, Guard, Reserve and civilian Airmen continue to brilliantly answer America's call to defend peace and freedom. Our country is confident in your capabilities and proud of your service.

"Unfortunately, on this, the third Patriot Day, our mission is not complete. Those who indiscriminately killed more than 3,000 people on Sept. 11, are still dedicated

to terrorizing our nation and the world because we value life, believe in liberty and welcome democracy as the people's voice.

"Let's remember those who are deployed in harm's way to defend the American way of life.

And, let's ensure their families are taken care of while they're away from home.

"As Airmen, our cause is just and noble. Our country depends on us to stay the course.

"Thanks for all you do for America and our Air Force. May God bless you, and may God bless America."



General Jumper

Airmen will receive AEF ID cards

By 1st Lt. Sarah Small

Air and Space Expeditionary Force Center Public Affairs

LANGLEY AIR FORCE BASE, Va. — The Air Force chief of staff directed all major command officials to issue air and space expeditionary force identification cards before the beginning of Cycle 5 in September.

Card usage ended during the height of operations Enduring Freedom and Iraqi Freedom because six to eight AEFs were deployed at the same time, said Col. Vincent Wisniewski, AEF Center vice commander here.

Reissuing the cards will link every Airman to assigned deployment windows within Cycle 5.

The information on the cards provide predictability and stability by allowing Airmen to plan around deployments to schedule leave, professional military education and temporary duties, said Chief Master Sgt. David Mimms, superintendent for AEF matters at Air Force headquarters and deputy chief of staff for air and space operations.

The front of the card tells Airmen their assigned AEF pair, and the back shows the new 20-month cycle chart, which begins in September.

Some low density/high demand forces and stressed

career fields may be postured in several AEFs as needed for extended tours, Colonel Wisniewski said. These forces are considered "enabler" capabilities. Because of the higher operations tempo required for these forces, they may not rotate on the normal four-month schedule. The affected major command and air reserve component officials are working to determine the best way to issue cards to Airmen in enabler billets.

Airmen who do not fall into the enabler category are assigned to one AEF during an AEF cycle, as required by Air Force Policy Document 10-4, Chief Mimms said. To add discipline to this process, a major command vice commander waiver is required to move an Airman from one AEF to another.

"One of my top priorities is to ensure the AEF culture is as clear and predictable as possible for all Airmen," said Brig. Gen. Stephen L. Hoog, the center's commander. "Reissuing AEF ID cards is one way we can do that."

The AEF ID card template and implementation guidance are posted on the center's secure Web site at <https://aefcenter.acc.af.mil>. The Web site can only be accessed from a dot-mil computer.

Routine medical travel changes

Courtesy of Air Force Print News

HICKAM AIR FORCE BASE, Hawaii — Effective Oct. 1, Pacific Air Forces officials will no longer purchase commercial tickets for retirees living or traveling outside of the United States for routine medical appointments as required by the Joint Federal Travel Regulation.

Overseas retirees and their families are still eligible for aeromedical airlift when in-flight medical care is required, said PACAF officials here.

The change is a result of the retirement of C-9 Nightingale aeromedical aircraft in 2003, which had operated within PACAF out of Yokota Air Base, Japan. Before the retirement, overseas retirees were able to fly on invitational travel orders to routine medical appointments.

The Air Force aeromedical evacuation mission is now "requirements-based," meaning those patients needing urgent or priority care are flown via the Air Force's current fleet of mobility aircraft, such as KC-135 Stratotankers, officials said.

Servicemembers and their families who do not require in-flight medical care fly commercially for routine appointments with PACAF covering the cost, said Lt. Col. Stephen Clutter, PACAF spokesman.

Since the retirement of the C-9, PACAF officials have been working with U.S. Transportation Command officials to create a new space-available category called "MedPAX," which would be for people traveling for routine medical services who do not require in-flight medical care. If approved, the MedPAX category would give retirees and their families higher priority than they currently have when seeking space-A seats on military aircraft.

As a result of the changes, only patients requiring in-flight medical attention will be airlifted via the military aeromedical evacuation system. This applies to flights to the continental United States as well as missions within PACAF, Colonel Clutter said.

Retirees and family members who require in-flight medical care en route to a medical facility may be airlifted on Department of Defense aircraft with AE-qualified crews.

Military aircraft available for air evacuation include the C-130 Hercules, C-141B Starlifter, C-21A, C-17 Globemaster III and KC-135.

If in-flight medical attention is not required, retirees or their family members may use military air to travel to an appointment if space is available, or use commercial means at their own expense.

Team Travis names narrator for Tattoo

By 1st Lt. Tawny Dotson
Band of the Golden West Public Affairs

Travis has chosen D. Roy Harris to be the guest narrator for the second annual Travis Air Tattoo which will take place Sept. 18 at 6 p.m. on the flight line here.

This year's event is in honor of the Air Force's 57th birthday and is dedicated to the men and women at Travis who continue to ensure the Air Force mission is accomplished both here and at deployed locations.

The Tattoo will feature live music, timed flyovers, historical narration, actors and dancers. The Air Tattoo is open to base personnel, family members and Department of Defense identification card holders.

The USAF Band of the Golden West will perform gathering music at 5:20 p.m. Those attending the event are encouraged to arrive early to avoid traffic and reserve their seats. The Tattoo will kick off at 6 p.m. with the arrival of the official party and will last until 8 p.m.

The Air Tattoo will take place on the painted "red carpet," adjacent to Base Operations and the air traffic control tower. Audience members may park in

designated parking areas and shuttle busses will run regularly to bring people to the performance area. Handicapped parking will be available in the base operations parking lot. The audience is encouraged to bring blankets and lawn chairs.

D. Roy Harris currently lives in the local area but has spanned the continent throughout his careers in acting, performing and the U.S. Air Force.

He hails from Beaver City, Neb. and attended high school in Birmingham, England before enlisting in the Air Force in 1951. He spent almost 10 years on active duty serving tours at the American Embassies in Paris and Edinburgh. He also served under the 15th Air Force when it was located at March AFB, Calif.

Mr. Harris was a member of the Special Services Entertainment Group and performed with Larry Hageman, best known for his role as J.R. on the hit television show "Dallas," as well as many other Hollywood entertainers.

After completing his time in the Air Force, Harris entered into contract with 20th Century Fox and recorded albums on the Capitol and Columbia record labels. He sang, recorded and

performed with the Zi Zenter Dance Band. He was also a featured vocalist with the "Ted Heath Dance Orchestra."

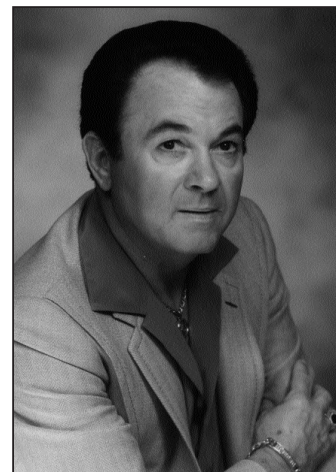
His career highlights include appearances on the Ed Sullivan Show, the Johnny Carson Show, and performances throughout Las Vegas. He has also appeared in concert at many night clubs in New York, Miami, Los Angeles and Palm Springs.

His recording hits include "Who Can I Turn To," "Begin the Begine," "I Wish You Love," and "I Could Have Told You."

As this year's guest narrator he will read the script that follows the history of the Air Force and Travis. The script is set to background music played by the Band of the Golden West and includes timed flyovers.

This year a P-51 Mustang, C-5 Galaxy, KC-10 Extender, T-28 Trojan, C-17 Globemaster and various other aircraft will highlight the show. The aircraft will perform timed flyovers as the script covers the history of the Air Force and Travis.

Also appearing in the show will be the USAF Honor Guard, the 91st Division Army Pipes Band, taped speeches of U.S. presidents, singers, dancers



D. Roy Harris

and the Band of the Golden West. The performance concludes with a formal retreat ceremony and finale called "Bridges into Space."

Hispanic Heritage

Travis kicks-off month of festivities

By Jennifer Brugman
60th AMW Public Affairs

Hispanic Heritage Month kicks off at Travis with a luncheon Wednesday at 11 a.m. - 1 p.m. at the Delta Breeze Club.

"We try to be diverse in bringing different entertainment so we're not just catering to one specific Latino group," said Staff Sgt. Peter Gardea, Hispanic Heritage committee chairman.

Hispanic Heritage month runs from Sept. 15 - Oct. 15 in order to honor Latino countries that celebrate their independence at these times. Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua celebrate their independence Sept. 15. The Independence Day for Mexico Sept. 16 and Chile's is Sept. 18.

"The theme that's used throughout the country is 'Hispanic Americans Making a Difference in Our Communities and Our Nation,'" Sergeant Gardea said.

There will also be a Commissary display of food, entertainment and prizes

Oct. 1 from 11 a.m. - 2 p.m. The library will hold a special story time Oct. 5 from 9-10 a.m. and 5:30 - 7:30 p.m.

"The story time is a big event for us," Sergeant Gardea said. "It brings people to a knowledge of the different heritage groups. The stories will be in English and in Spanish."

For more information on the Hispanic Heritage month or the committee call, Sergeant Gardea at 424-4770 or Senior Airman Veronica Rivas at 424-2187 or Staff Sgt. Andrea Hernandez 423-7070.

"Hispanic Americans-Making a Difference in Our Communities and Our Nation"

— Hispanic Heritage month slogan

Colonels eligible for time-in-grade waiver

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON — Air Force officials are again offering lieutenant colonels and colonels a reduction of the time-in-grade requirement for retirement.

Reduction of the three-year time-in-grade requirement for those officers to retire in their current grade dropped to no less than two years.

Secretary of the Air Force Dr. James G. Roche authorized personnel officials May 6 to reduce the time restriction. That offer reopened Aug. 12 for fiscal 2005.

"We remain focused on solving our end-strength problem through voluntary programs," said Maj. John Silverman, chief of Air Force retirement and separation policy.

"The recent law change allowing officers to retire with a minimum of two years time in grade is reflective of that effort and was another tool in our kit for which we wanted to take advantage," Major Silverman said. "Although relatively small, this program helps us toward meeting our mandated Air Force ends strength. As part of the force shaping, we also opened a similar opportunity for our retirement eligible

senior noncommissioned officers, waving up to 18 months of their obligated service commitment for putting on a new stripe."

Retiring officers must meet the following criteria:

» Must be a lieutenant colonel or colonel on active duty with at least two years and less than three years time in grade on the requested retirement date to retire under this authority.

» Must have served at least 20 years of total active federal military service and 10 years commissioned service by the requested retirement date to be eligible to request a reduced time-in-grade retirement.

» Must have served satisfactorily in grade.

» All Air Force specialty codes may apply.

» Deployed people may apply; however, the requested retirement date must be at least 30 days following their return to home station. Member must retire not later than Sept. 1, 2005. Deployment periods will not be curtailed.

» Waivers of active-duty service commitments will be given according to the limited active-duty service-commitment waiver program.

Officers under investigation

for alleged misconduct, pending the disposition of an adverse personnel action for alleged misconduct, or recalled to active duty, are ineligible for the waiver.

The number of people permitted to retire with the reduced time in grade is limited to no more than 2 percent of the total number of people on active duty in that grade during each fiscal year.

The Air Force is projected to have 10,460 lieutenant colonels and 3,640 colonels on active duty Oct. 1. Two percent of these totals equate to a maximum of 212 lieutenant colonels and 72 colonels who may retire with the reduced time in grade in fiscal 2005.

"We are presently taking applications for retirement dates through Sept. 1, 2005, and expect a higher application acceptance rate over last year's fiscal program, especially since our officers have more time to plan for retirement," Major Silverman said.

"As soon as we meet the two percent ceiling, the program will close," he said.

Officers interested in this program can contact their servicing military personnel flight, or visit www.afpc.randolph.af.mil/retsep/shape2.htm



Air Force Television News, available in closed captioning, is a biweekly production of Air Force News Service. Access the program at www.af.mil or www.broadcastairforce.com

Airmen to NCOs

Travis announces newest staff sergeant selects

The following were selected for staff sergeant for September's in-system supplemental promotion list.

60th Air Mobility Wing

Matthew Bates

60th Comptroller Squadron

Tricia Hill

60th Aircraft Maintenance Squadron

Joseph Finch
Herbert Vargas
Lonnie Quick

660th Aircraft Maintenance Squadron

Alfred Davis
Steven Lilley
Nathan Smith

60th Component Maintenance Squadron

Bailey Sutherland

60th Civil Engineer Squadron

Edwin Bispat
David Carr
Jeffrey Denton

60th Logistics Readiness Squadron

Shanna Conklin
John Garrison
Jeremy Mabie
Kelly Stephens
Tanya Swann
Monica Velasco

60th Security Forces Squadron

Joseph Galleo

60th Medical Operations Squadron

Morgan Perkins

Hans Schjang

60th Medical Surgical Operations Squadron

Joseph Archangel
Kaleialoha Harper
Erin Pillsbury

60th Medical Diagnostics and Therapeutic Squadron

Apple Botass

882nd Training Group

Candra Muhs



Travis announces NCOA graduates

The following graduated from the NCO Academy Sept. 2.

60th Air Mobility Wing

Richard McGregor (**Distinguished Graduate**)

60th Operations Group

Marcus Rettig (**Distinguished Graduate**)

60th Maintenance Group

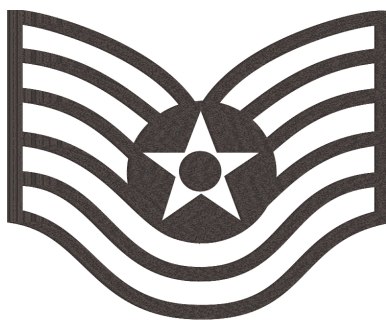
Michael Brockway
T.R. Davenport
Kelly Foshee (**Distinguished Graduate**)
Brian Brothers
Steven Pfeifer
Jeffery Klinger
Russell Lough

60th Mission Support Group

Eugene Adams
Jaime Espinozafloril
Josephine Krieger (**Distinguished Graduate**)
Jerry Scott

60th Medical Group

Kimberly Green
Nathaniel McCarter III
Michele Hersh
Madelyn Rodriguez



615th Air Mobility Operations Group

Craig McKnight
Herbert Respicio
Jerod Norden (**Distinguished Graduate**)
David Satchell
Jarrod Sebastian (**Distinguished Graduate**)
Donald Drummer
Andre Lopez

373rd Training Squadron

William Horay
Marc Jackson

Classified Ads work. Call 425-4646.



**Conquer the
world of words.**
Read a book at the
base library.

NEWS NOTES

TRAVIS AIR FORCE BASE

Jogging trail closure

The jogging trail behind the base Fitness Center will be closing Monday through Dec. 13 in order to replace the dirt track. The new track will have eight-lane asphalt with a rubberized surface. This will be used year-round.

For more information call, Staff Sgt. Jason Balolong, SABER project manager at 424-0902 or Master Sgt. David Mally, SABER chief at 424-2763.

Mobility heroes luncheon

The Travis Golden Bear Chapter of the Airlift Tanker Association will be hosting a Mobility Heroes Heritage luncheon Sept. 17 at 11:30 a.m. at the Delta Breeze club. The luncheon will feature Col. Gail Halvorsen, the Berlin Airlift "Candy Bomber." Anyone wishing to attend should call Lt. Col. George Meyers, president at 424-7860 or any other executive committee member.

Jogging trail update

The jogging trail in the housing area between Bradley Boulevard and Cannon Drive (by the church) will be closed until the end of February 2005. For more information call, Jorjanne Reed at 424-0952.

SAME forum

The Society of American Military Engineers, Sacramento post will hold its annual sustaining members forum Sept. 22 at the Travis Conference Center from 7:30 a.m. to 4 p.m. This year's speaker includes state Senator Mike Machado. The last day for registration is Sept. 17.

Book signing

Gen. (retired) Tommy Franks former CENTCOM commander, will be at the Base Exchange Wednesday at 11:30 a.m. for a book signing event.

Wing golf tournament

The 60th Air Mobility Wing golf tournament will be held Sept. 21 at 12:30 p.m. at the Cypress Lakes Golf Course. The format will be a four-person select shot scramble. The price of the event is \$33 for E1-E-4; \$40 for E-5 and above. For civilians and non-DoD personnel the cost is \$48. To sign up for the event, call 2nd Lt. Charles Langhoff at 344-3514.

Sept. 11 retreat

There will be a Sept. 11, 2001 remembrance retreat held at the 60th Air Mobility Wing headquarters building today at 4:15 p.m. The event is opened to the base public.

POW/MIA retreat

There will be a POW/MIA remembrance retreat ceremony held at the 60th Air Mobility Wing headquarters building Sept. 17 at 4:30 p.m. The event is opened to the base public.

To submit a story,
e-mail the Tailwind at
tailwind@travis.af.mil
or call 424-2355.

Getting ready to vote



Photo by Jennifer Brugman / 60th AMW Public Affairs

Master Sgt. Donald Armstrong, 60th Logistics Readiness Squadron, assists Maj. Rob Dotson, 815th Air Mobility Squadron, at the base voter registration booth Wednesday. The booth was open from 7:30. to 9 a.m. and from 3 to 4 p.m. More than 21 people registered in the first hour.

"I think this is a great idea," Sergeant Armstrong said.

"People come right in here for PT in the morning and afternoon and they sign right up. It's a great location."

Classified Ads work. Call the Daily Republic at 425-4646.

Travel tips

Safety office discusses driving caution

Courtesy of the 60th AMW
Safety Office

The following are some safety tips people can use for the road.

DUI

Any person who is under the influence of alcohol or any other drug which makes the person unable to drive safely is prohibited from driving or being in physical control of any kind of vehicle. A person 21 or more years of age is considered "DUI" when 0.08 or more by alcohol weight is present in the blood.

Implied consent

California's implied consent law, means a person operating a motor vehicle on a public street or highway automatically gives permission for a test of alcoholic or drug content. When a test is requested by an officer who has grounds to believe the driver is driving under the influence of alcohol or drugs, the driver must comply with the request.

Reckless driving

Reckless driving is defined as driving any vehicle in reckless disregard for the safety of people or property. Penalties for reckless driving include fines up to \$1000, imprisonment up to six months, and license suspension.

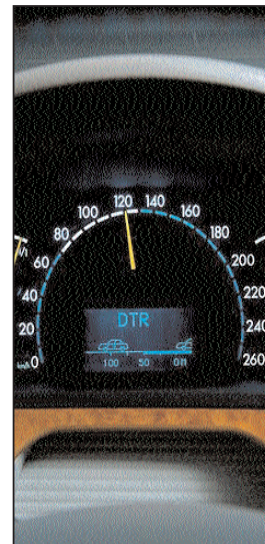
Racing

When two or more people compete or race on any street or highway or when one or more persons compete in a race against time, they are considered to be drag racing. In California, it is unlawful to drag race. The penalties for committing this violation may include imprisonment, a fine, and the suspension of your driving privileges.

Use headlights properly

People should dim (lower) headlights when:

- » Within 500 feet of an approaching vehicle, so as not to blind the driver.
- » When following closely (within 200 feet) behind another vehicle.
- » When driving on lighted roads.
- » When driving in rain,



fog, snow, or smoke.

- » When vision is reduced to less than 200 feet.

Night driving

Because of decreased vision at night and the glare of oncoming headlights, night driving is more demanding and requires greater concentration than daytime driving. Unfamiliar roads and unexpected situations are more likely to cause trouble. You can help ensure safe driving in several ways.

- » Make sure headlights are working properly and the lens is kept clean. Periodically have them checked for correct aim.
- » Don't overdrive headlights. Keep the speed within the range at which the pavement ahead can be seen clearly enough to be able to make an emergency stop.
- » Slow down when meeting another vehicle or when nearing a curve if driving at or near the maximum posted speed limited.
- » Use the edge line as a guide. If there is no edge line, use the centerline to guide yourself.
- » Keep the windshield clean.
- » Stay awake and alert. More frequent stops, more fresh air, lively radio programs and similar measures can help to avoid drowsiness and inattention. Do not drive if tired.

911

Three years later

As the nation prepares to remember that fatal day in 2001, its service-members are still fighting to ensure it will never happen again

Tailwind staff

In the immediate hours following the attacks, Travis fulfilled its disaster relief mission, delivering specialized personnel and equipment from the West Coast to New York and Washington.

"The terrorist attacks against our World Trade Center towers, the Pentagon, a field in Pennsylvania, and subsequent loss of life, will never be forgotten," said Col. Lyn Sherlock, 60th Air Mobility Wing commander. "As a country, and a military community, we entered into a new era of homeland defense and war against terrorism."

Travis was instrumental in transporting a Sacramento-based Urban Search and Rescue team, two Black Hawk helicopters, portable hospital equipment, aeromedical evacuation personnel and key government officials to the attack sites.

Travis' Army tenant unit, the 3rd Brigade, 91st Division, served as the regional Defense Coordinating Official in fulfilling Travis' support for the Federal Emergency Management Agency during the crisis.

All told, Travis expedited the movement of 240 passengers and 120 tons of critical cargo to help the search, rescue, and recovery operations, and the aerial port was responsible for loading and unloading military and civilian aircraft transiting Travis with hundreds more passengers and tons of equipment dedicated to the effort. This response underscored America's reliance on Travis as an aerial port and carrier for a wide variety of assets dedicated to disaster relief operations.

In the following weeks, Travis KC-10s refueled fighter Combat Air Patrols throughout the U.S. in support of the homeland defense mission.

President George W. Bush visited in October 2001, to commend the Travis members for their dedication and effort at the start of Operation Enduring Freedom.

Operation Iraqi Freedom

From the start of Operation Iraqi Freedom, Travis KC-10s were forward deployed, refueling F-117, B-2, F-16, in addition to Navy, Marine and British aircraft. Travis C-5s were also employed during OIF, flying round-the-clock resupply and deployment missions into forward locations such as Baghdad International Airport.

Many other Travis warriors were deployed in support of the ongoing war against terrorism, to include security forces, civil engineers, services, maintainers, communications specialists, medical professionals and other mission support elements. 615th Air Mobility Operations Group members were deployed to Iraq where they established air fields and perimeter security for tactical transport aircraft. At the height of OIF, more than 1,300 Travis members were deployed to bases throughout Southwest Asia.

Travis continued its role as a major thoroughfare for deploying units from many of the service branches. It was a primary departure location for multiple California Army National Guard movements and activations.

Travis leaders placed a "Light of

Freedom" gas torch at the main entrance of the base in the honor of those who were deployed for OIF, and in honor of those who served in previous wars. The torch was later featured in Restless Heart's "Torch of Freedom" music video, along with images of U.S. soldiers and airmen in the nation's wars.

"What makes our mission so successful is the wonderful support we receive from citizens, neighbors and friends who live in Solano County," Colonel Sherlock said. "More than 65 percent of our military and civilian employees live in the surrounding areas. We are honored to be part of this community, and on behalf of those serving at Travis, thanks to everyone for all that has been done to show such tremendous support for our folks stationed here."

This torch was possible because of community support for the men and women of Travis, which was overwhelmingly positive throughout OIF. The local Chambers of Commerce, as well as many businesses and organizations sponsored a welcome home picnic for those who returned from OIF, and the entire base population, in August 2003. The picnic was an astounding success and greatly boosted the morale of the thousands of active duty, reservists, civilians and family members who attended.

"While we celebrated the homecoming of many returning warriors, we still had hundreds deployed," Colonel Sherlock said. "This remains true today. We are serving alongside those in uniform from other services, to include the U.S. Army, U.S. Marine Corps and U.S. Navy, as we plan for peace."

In Jan. 2004, a Travis C-5 was hit by hostile fire during a take off from Baghdad. Fortunately, no one was injured, and the aircraft returned to the airport safely, but one engine was severely damaged.

Expeditionary Deployments and Activations

In total, at least 10 percent of the base's active-duty personnel were deployed in support of military contingencies during Operations Enduring and Iraqi Freedom.

This large and rapid mobilization made it necessary to activate hundreds of reservists to backfill the essential jobs left vacant by deployed personnel.

This included reservists from the 349th Air Mobility Wing, the associate reserve partner at Travis. This was especially crucial in implementing heightened security procedures. More than 100 California Army National Guard members were also activated to augment base security forces personnel. The Army CANG members will be assigned to Travis until the Spring of 2005. Deployments and the stress they place on the workers and families left behind is nothing new to Travis; it has always been a part of the military job description. But since the Sept. 11 attacks were the first of that magnitude on American shores since the attack on Pearl Harbor 60 years ago, American leaders have also given renewed emphasis to the oldest function of the military—what we are now calling homeland security—and here, too, Travis has had an important role.





Courtesy photo



Courtesy photo

***Clockwise from top:** A group of search and rescue personnel from the Sacramento area board a C-5 here en route to the East Coast the day of the World Trade Center attack; a deployed servicemember shows patriotism by placing an American Flag on a fence line made of concertina wire; soldier gazes at the pile of debris that was once the World Trade Center.*



Courtesy photo

COMMUNITY BRIEFS

TRAVIS AIR FORCE BASE

Announcements

Late Nite Skate

Get some rest and let the kids have some fun at the Late Nite Skate at the Travis Skating Rink Sept. 17. The children will enjoy games, prizes and lots of skating from 5 p.m. until midnight. Advanced entry is \$15. To sign up, stop by the Youth Center.

Air Force birthday celebrations

Sierra Inn will have a specialty lunch Sept. 17 in recognition of the Air Force's birthday.

The Mitchell Memorial Library will host a special Air Force Birthday ceremony Sept. 17 at 4 p.m. There will be guest speakers, singing and cake.

Weekly Events

Monday

▲ Watch the game on a big screen every Monday night at the Delta Breeze Club with Football Frenzy. The Enlisted Lounge will be open to all ranks starting at 5 p.m.

▲ Spouse Employment Orientation class is from 9 to 10 a.m. for newly arrived spouses. Topics include employment and career development programs at the Family Support Center. For more information, call 424-2486.

▲ Portable Career class is from 8 a.m. - 4 p.m. and can help people choosing to start their own business including how to market and conduct business on eBay. For more information, call Family Support at 424-2486.

Tuesday

▲ At the Mitchell Memorial Library's storytime this week, a guest speaker will read "I Fly — Helicopter." Afterwards the children will make balsa airplanes. To volunteer to read at storytime call 424-3279.

▲ The Family Support Center Readiness NCO will conduct Personal Preparedness Briefings at 2 p.m. for those tasked with TDYs or contingencies. For more information or reservations, call 424-2486.

▲ Heart Link is from 9 a.m. - 3 p.m. at the Family Support Center, and this class will acquaint new Air Force spouses with services and programs on Travis. For more information, call 424-2486.

▲ An Investment Fundamentals and IRAs workshop is at the Family Support Center from 9 to 11 a.m. For more information, call 424-2486.

Wednesday

▲ Rope up a spare at the Travis Bowl with Bowling Bonanza — unlimited bowling every Wednesday from 3 to 5 p.m. for \$6, shoe rental included.

▲ Women, Infants and Children representatives will be at the Family Sup-

port Center from 8:30 a.m. to 4 p.m. by appointment only. For more information, call 435-2200.

Thursday

▲ Club members are invited to the monthly all-you-can-eat Family Pasta Feed at the Delta Breeze Club. The doors open at 5 p.m. Adults pay \$5, children 6-12 pay \$2 and children 5 and under eat for free.

▲ The Family Support Center Readiness NCO will conduct Personal Preparedness Briefings at 2 p.m. for those tasked with TDYs or contingencies. For more information or reservations, call 424-2486.

▲ Women, Infants and Children representatives will be at the Family Support Center from 8:30 a.m. to 4 p.m. by appointment only. For more information, call 435-2200.

▲ Resume Writing Skills class is from 8 a.m. to 12 p.m. Learn how to write resumes that get interviews. Fundamentals include effective formats, cover letters, and marketing plans. Individual resume review sessions available by appointment.

▲ Sponsorship training is from 9 to 9:30 a.m. at the Family Support Center. For more information, call 424-2486.

▲ The Uniformed Services Thrift Savings Plan briefing is from 9 to 11 a.m. Learn about this new savings and investment retirement plan that became available to all military personnel in 2002. For more information, call 424-2486.

Weekly

▲ The Family Support Center can certify typing speed. Don't go downtown and pay to have it done — the center staff will test speeds and certify it for free! For more information, call 424-2486.

▲ Nonresident members of the U.S. Armed Forces who register their vehicles in California are exempt from the Vehicle License Fee. To qualify, the service member must be the owner or co-owner of the vehicle and their duty station must be in California, or the vehicle must be located in California. Form REG256 must be completed to establish this exemption. Forms may be obtained on the Internet at:

www.dmv.ca.gov/forms/reg256.pdf, or at the Family Support Center. For more information, call 424-2486.

▲ Registration is on-going for the 2004-2005 "formal" year of formation. Returning individuals and newcomers are encouraged to call Ms. Mary Ellen Rosenberg at 424-4795.

Chapel Services

Protestant:

Sunday

▲ Community Praise Service, 8 a.m., Chapel Center
▲ Liturgical Worship Service, 8 a.m., Chapel One
▲ Sunday School, 9:15-10:20 a.m., RE Bldg next to Chapel Center (Sept. - May)
▲ Traditional Protestant Service, 10:30 a.m., Chapel Center

▲ Gospel Worship Service, 11:15 a.m., Chapel One

Catholic:

▲ Communion Service or Daily Mass, Monday and Wednesday, noon, David Grant USAF Medical Center Chapel; Tuesday, Thursday and Friday, 11:30 a.m., Chapel Center

▲ Saturday Mass, 5 p.m., Chapel One

▲ Sunday Mass, 9:30 a.m., Chapel One

▲ Sunday Mass, 12:30 p.m., Chapel Center

▲ Faith Formation classes are offered for K-8th grade, RE Bldg.

Jewish:

For Jewish information please call 1st Lt. Daniel Minkow at 424-0513.

For more information on these or other programs, please call Chapel Center at 424-3217.



Tonight

6:30 p.m. *I, Robot* — (PG-13)

9 p.m. *Catwoman* — (PG-13)

Saturday

6:30 p.m. *I, Robot* — (PG-13)

9 p.m. *Harold & Kumar Go to White Castle* — (R)

Sunday

4 p.m. *Sleepover* — (PG)

Thursday

6:30 p.m. *Blue Hawaii* — (PG)

Travis movie schedules are subject to change after publication. For up-to-the-minute information, call 437-3855 or visit www.aafes.com/ems. Admission to the movie is free for ages 5 and below, \$1 for ages 6-12 and \$2 for ages 13 and older.

Conquer the world of words.

Read a book at the base library.

**Classifieds work!
Call 425-4646**

Important Notice

In the interest of base beautification, base housing residents are asked to refrain from putting up signs to advertise on-base yard sales. Posting yard sale signs on utility poles is a violation of 60 AMWI 90-3 and the California Utilities Commission's Code of Regulations. Do not post yard sale signs on utility poles around the base. Notices can be posted at the shoppette or announced in the *TAILWIND*.

349 Roberts Dr., 8 a.m. - noon, Saturday, household items, toys, cloths, changing table, and misc.

628 Cassidy Court, Saturday, 8 a.m. - noon.

Three-family, 202 Buttercup Circle, Vacaville, Saturday, 8 a.m. - 1 p.m., electronics, appliances, baby toys, clothes and more.

102 Indiana Court, Saturday 6 a.m. - noon.

243 Upton Court, Vacaville, Sept. 18-19.

35 Maine St., 8 a.m. - 1 p.m.

Multi-family, 617 Cassidy Court, Saturday, 7 a.m. - noon.

118 Bond St. (off Armstrong), Saturday 8 a.m. - noon.

PCS yard sale, 226 Claggett Ave., Saturday, 8 a.m., furniture, clothing, TVs, craft supplies, canning supplies, toys, trampoline, pool, patio table, misc.

Vehicles

1997 Dodge Dakota sports club cab, p/u, 6, tilt, a/c, bed liner, auto trans, rear slide windows, 128k miles, 1 owner, \$6,995. Call 207-0205.

1987 Ford Aerostar van, smogged, \$995. Call 426-4266.

2003 VW GTI, V6, VR6, hatchback, leather, 6-disc cd, pwr everything, KBB is \$19,480, asking \$18,750. Call 437-8535.

1992 Honda Civic DX automatic, 186,600 miles, tokico shocks adjustable springs, remote start, JVC, cd unit, 12" mtv sub, 300w amp, \$2,000 obo. Call 707-853-2097.

1994 Ford F350 crew cab, tinted windows, bedliner, cap, \$8,500 obo. Call 451-2543.

1967, Chevy half-ton Fleetside, new paint, V-8 standard, \$4,000. Call 707-678-4743.

2002 Mercedes Benz C-240, black, all power, leather seats, \$27,000 obo. Call 439-9894.

Ford Windstar LX minivan, all power, 70k miles, power trans, warranty, 45k miles, asking \$11,000/offer. Call 447-5052.

1999 Chevy Monte Carlo, low mileage, active duty five percent off,

Afghan or Iraq combat duty 10 percent off, must sell, \$6,500. Call 422-3856.

P/U Ford F250 Super ca, 4x4, 7.5l (gas), liner, shell, all pwr, asking \$12,000/offer, 50k miles. Call 447-5052.

1994 Chevy Silverado pick-up truck, regular cab, flareside, \$5,600 obo. Call 707-628-3652.

Boats/Trailers/RVs

1997 Jet ski Seadoo, GTI, w/Sie-man trailer, al extras, cover, never in salt water, \$3,500 obo. Call 439-9894.

Vehicle accessories

17" Goodyear P16265 take-offs a Jeep Cherokee, \$150 obo. Call 209-612-3044.

20" chrome IROC rims and tires, 6 p275/45R20 tires, four tires are mounted to rims, came off 2wd Chevy Tahoe 5lv6, \$1,500obo. Call 410-6698.

Four 18x8 chrome M9 rims, w/255/55 tires, fits five-slug, 4.5 pattern \$1,110 obo. Call 916-567-9930.

Miscellaneous

Scooter, \$4,500; wheelchair, \$1,000; walkers, \$130 each; canes, \$60 each and up; leg roller rest, \$30; adult diapers, \$100 in box \$150, custom made shoes and insoles, paid \$1,300 to \$1,600 best offer, more to see. Call 707-425-5679.

Dog exercise pen, eight panels, with doors, extra large, \$65. Call 437-4311.

Caterpillar tough loader, \$50 obo; Ford off-road 4x4, \$50 obo. Call 426-6328.

12,000 BTU window A/C, \$200; twin size solid wood head and foot board w/frame, \$15; Sharp 900 watt microwave, \$25. Call 437-0158.

Battery powered-quad blue for three years old and up, \$60; 12" boys bike \$5 and 20" mountain bike 10-speed, \$8 red and black. Call 451-4009.

Free Guinea pig with cage, six months old, very affectionate and loves human contact; Bassinette, Winnie the Pooh, light green and cream color, never used, \$50. Call 437-4820.

Two motorcycle jackets, men's 42 and M, \$50 each. Call 449-4454.

Historical U.S. stamp collection in album, would be good for school show and tell, \$40. Call 425-9632.

Dell Pentium computer (tower only with microsoft office 2000 and windows 2000, \$125. Call 437-0366.

Home interior pictures, old small dresser/ mirror, foot massager, boxspring queen mattress set. Call 707-455-7423.

1750# pressure washer needs work, 5hp engine, \$40; 21" rear bagger mower runs finer, \$40. Call 422-3856.

Collection of 9,250 stamps from 1840-1929 in three antique albums \$500. call 425-9632.

Furniture

Sofa and love seat "Southwest

style" \$300. Call 707-207-0205.

Thomasville Oak China cabinet, 6ft x 4ft, 11 inches wide, you haul, \$300. Call 437-5644.

Dinner set/Baker's rack, black rod iron, four chairs, \$150. Call 209-612-3044.

Solid wooden bunk bed set, twin/full w/mattress, two drawers on bottom, \$350. Call 209-612-3044.

Benchcraft sectional couch, includes matching octagon coffee table, two recliners full-size pull out bed, \$500 obo. Call 439-1080.

Sofa and chair, "southwestern style," \$275; round kitchen table, two chairs, \$100; dresser, five drawers, \$200. Call 707-207-0205.

Dining table and four padded swivel/rocking chairs, \$75. Call 469-8874.

Computer desk with upper storage cabinet, 61" h, 48" w, 24" d, \$50. Call 449-4454.

Recliner, burgundy, electric heat and vibration, \$200 obo. Call 437-2357.

10-piece bedroom suite, queen bed with mirror, pillowtop mattress, headboard, dresser w/mirror, two night stands, lamps, moving can't take, \$695. Call 437-0366.

Appliances

Maytag 12/02, side by side fridge, ice/water door, energy star, \$800. Call 425-7529.

Maytag 2003 washer/dryer, oversized, quiet series, heavy duty, energy star, pair \$550. Call 425-7529.

Whirlpool washer/dryer \$150 obo, call 446-4941.

Lawnmower rear bagger \$100, obo, call 446-4941.

Lawnmower side mulcher \$65 obo, call 446-4941.

Chest freezer \$150 obo, call 446-4941.

13" TV/VCR combo \$35 obo, call 446-4941.

Hotpoint fridge, 18 cu. ft., \$50. Call 428-4139.

For Rent

Room for rent, NE Fairfield, pool and jacuzzi, no pets no smoking, \$505. Call 425-9716.

House for rent, 277 Grove Court, North Vacaville, \$1,550/month, 3br/2ba, garage, 1500-plus square feet, available Oct. 1, N/S/P. Call 4484876.

Suisun, Promenade circle, 3/2.5, two-car-garage, well-maintained, near shops, year-round gardner, 10 minutes away from Travis, \$1,500/month plus one month deposit. Call 707-646-2977.

3bd, 2ba, 101 morgan Court, Vallejo, walking distance from Gateway Plaza, \$1,500 mo. Call 707-439-107 or 707-372-2439.

3/2, full land, yard, patio, spa, custom f/p, w/d/ref included, one year lease, 1,700w/sd, pets neg. Call 290-9565.

House in Vacaville, 3bd, 2ba, all appliances included, hardwood floors, fireplace, \$1,500/month. Call 434-9828.

Obesity

HAWC discusses weight loss tips for decreasing health risks

By Capt. Julie Best

60th Medical Diagnostics & Therapeutics Squadron

Try spending an hour or so carrying around a five- or ten-pound bag of sugar while at work or walking around today. Tiring, isn't it?

Here at David Grant USAF Medical Center, when you take those stairs up to the next floor, you're actually going up two flights of stairs instead of one because of the way the facility is designed for earthquake protection. However, that extra burden you feel on your body and heart are not those extra steps you're taking to get to your next appointment - they're the extra pounds of body fat that you're carrying around with you.

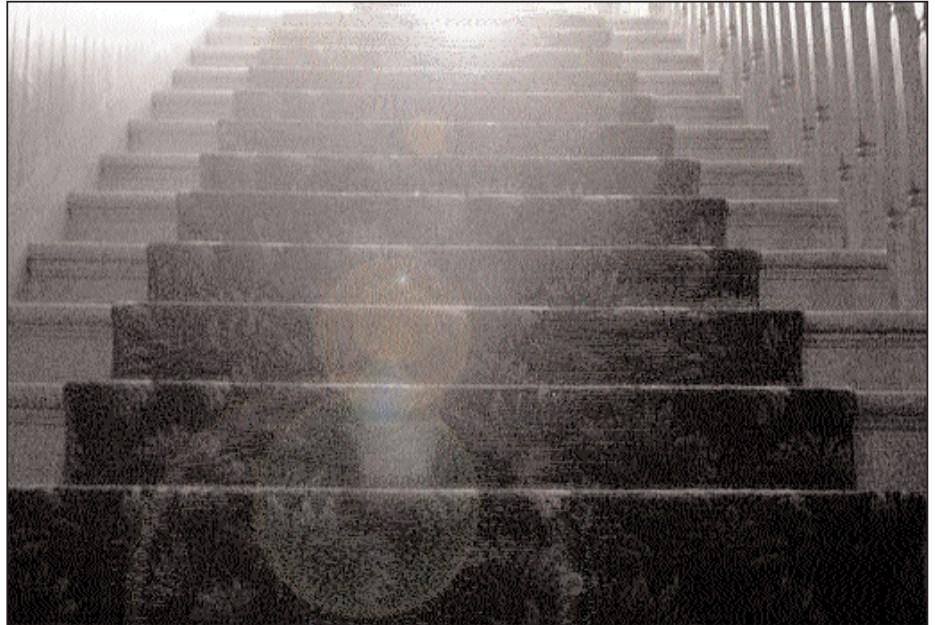
According to the American Dietetic Association, many health problems are linked to obesity and adult weight gain, including high blood cholesterol levels, heart disease, stroke, high blood pressure, diabetes, some forms of cancer, arthritis, breathing problems and other illnesses.

Losing five to 10 percent of excess body weight is enough to lower the risks for many chronic diseases. Even this small shift in weight helps lower blood pressure, total low-density lipoprotein, or LDL (also known as the "bad" cholesterol) and triglyceride levels as well as normalize blood sugar levels. In addition, weight loss may have positive emotional benefits.

For help in developing a weight loss plan that's right for you, contact your dietetics professional at the David Grant USAF Medical Center.

For more information on weight loss or healthy eating, contact the Health and Wellness Center at 424-4292 and sign up for "Nutrition 101."

New classes are starting every other week. Sign up today to learn easy strategies to monitor your portion



sizes — even when eating on the run. Learn how many calories your body needs each day and how to maximize nutrient density without feeling hungry or deprived.

This motivating new program is your first step to better health and is held every other Monday at 10:30 a.m. in the HAWC classroom.

Academy gets first win

Courtesy of the U.S. Air Force Academy

The Air Force volleyball team got on the winning track in the final game of the Hibernia Bank Classic, presented by Louisiana-Lafayette on Saturday, Sept. 4. After dropping the first game 30-22, the Falcons rallied to claim 30-17, 30-28 and 30-14 game wins.

Hitting nearly .200 as a team, Air Force handily defeated host Louisiana-Lafayette, 3-1. Down 6-1 in the first game, the Falcons quickly pulled within one, thanks to timely kills by senior co-captains Molly White (Lafayette, La.) and Lamecca Jefferson (Beeville, Texas).

The two squads kept things close, neither giving up more than a two point advantage, until UL-L pulled away at the 24-19 mark to secure the win. Junior Kristin Hamlett (Escondido, Calif.) led the team with four kills in the opening game.

The second game saw Air Force take an early 2-1 lead and never look back. The Ragin' Cajuns pulled within one (13-

12), but solid blocking from freshman Brooke Akers (Desert Hot Springs, Calif.), Jefferson and junior Carly Siefken (Beaverton, Ore.) provided a separation of points, as the Falcons cruised to the 30-17 game win. In the game, Akers notched six kills, while sophomore Britanny Oligney (Katy, Texas) nabbed four kills, Air Force put the first point on the board during the third game, as Oligney provided a solo block. Lafayette mounted a lead, but a Hamlett kill tied the game at three. Then it was Air Force's turn to get a lead and Lafayette caught up at 10.

The two teams traded points, until the Falcons began to pull away with a kill by White. Although UL-L tied it at 28, Air Force hung on for the 30-28 win.

Hamlett led the team with 16 kills, hitting nearly .360.

The Falcons are in action this weekend, when they travel to Annapolis, Md., for the Armed Forces Tournament. Air Force takes on Army at 4 p.m., today, and Navy at 7 p.m. on Saturday.

WELLNESS TIP

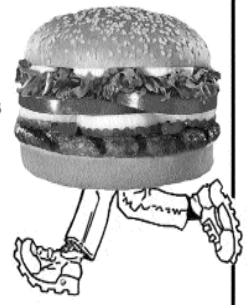
How far would a 175-pound person have to run to burn off a 1/4-pound cheese burger?

**A WHOPPING
6 MILES!**

The 6-mile run would use about 840 calories ... a popular fast food burger contains about 800 calories (the mayonnaise alone equals about 160 calories)

Other food items containing the same calories:

three pounds of apples, eight cups of blueberries, 27 whole carrots, 10 cups of chicken noodle soup, five 12-ounce cans of soda, 11 heads of lettuce, 23 peaches, seven cups of peas, 160 dill pickles, 76 potato chips, four baked potatoes, or 18 cups of strawberries



For more nutritional information, contact your local Health and Wellness Center

SOURCE: AMC Command Surgeon Office

InfoGraphic by Tech. Sgt. Mark Diamond

SPORTS SHORTS

TRAVIS AIR FORCE BASE

Monday Night Football

The Delta Breeze Club opens its doors to all ranks every Monday night for the big game.

Watch all the fun and excitement on their big screen TV and maybe win a prize with Football Frenzy.

Golf Club Championship

Sept. 11 and 12 is the Cypress Lakes annual Club Championship. For more information, call 448-7186. Entry fee is \$30 plus green fees.

Varsity Rugby

Sept. 13 is Varsity Rugby tryout day. For more information, call the Fitness Center 424-2008.

Cheerleading

Sign the little ones up for cheerleading by Sept. 23 at the Youth Center. The fee is \$40 and includes pictures. Space is limited. Age categories are 6-7, 8-9 and 10-12.

Coed Flag Football

Sign the little ones up for coed flag football by Sept. 23 at the Youth Center. The cost is \$40 per participant. Space is limited. Age categories are 6-8, 9-11 and 12-14.

By The Swami
From Parts Unknown

Well, well, well sports fans. It's that time of the year again when I have come out of hibernation to show off just how good I am.

I'm not talking about physical activity (although I am quite good at it), I'm talking about brain power. This is the time of the year I live for. This is the time of year I show the world who has the knowledge and who doesn't. This, sports fans, is where I tell you who will win each week in the NFL.

I can never be beat. But, I have found that when you're perfect, no one wants to play. So, I have changed my style to intentionally select a few upsets every week just to give everyone a chance.

So, with all my hype, here are the rules:

Starting next week, during week two of the NFL, I will select which team will win that week. If you "beat" me (which is highly unlikely), and you beat everyone else that enters that week, then through the partnership of the 60th Services Squadron's Football Frenzy program, you will win a \$15 food and beverage coupon, two free passes to the base theater, and a mini sports cooler.

The tie breaker is the total points scored by both teams for the Monday night game. If there is still a tie, then a drawing will be held to select a winner. Granted, it will never come to this, but I put it in just to cover all bases in case you do get lucky.

Also, the important thing is you get to brag to all your friends that you beat the Swami. But, for everyone who doesn't beat me, I get to use your name in vain during the next right up of the

paper. I expect everyone's name to be mentioned at least once through-out the season.

Take your embarrassing selections to the Delta Breeze Club, Sierra Dining Facility, or the Public Affairs Office. There will be specially marked drop boxes at these facilities. Deadline for submitting your pick is 8 a.m. the Friday before that week's games.

To give you an idea of how I select the winners, here's my picks for week one:

Indianapolis Colts at New England Patriots
Arizona Cardinals at **St. Louis Rams**
Cincinnati Bengals at **New York Jets**
Jacksonville Jaguars at **Buffalo Bills**
San Diego Chargers at **Houston Oilers**
Tamp Bay Buccaneers at Washington Redskins

Baltimore Ravens at Cleveland Browns

Detroit Lions at Chicago Bears
Oakland Raiders at Pittsburgh Steelers

Seattle Seahawks at **New Orleans Saints**



The Swami reveals all about NFL winners

Tennessee Titans at Miami Dolphins
Atlanta Falcons at San Francisco 49ers
New York Giants at **Philadelphia Eagles**
Dallas Cowboys at **Minnesota Vikings**
Kansas City Chiefs at **Denver Broncos**
Green Bay Packers at Carolina Panthers
Tie Breaker **45**

So don't be scared or embarrassed. Give it your best shot. That's all you have as I have the mystic, all-knowing, crystal football. Remember, you can imitate me, but never duplicate me.

Week 2 Picks

Sept. 19

Carolina Panthers at **Kansas City Chiefs**
Denver Broncos at Jacksonville Jaguars
Indianapolis Colts at **Tennessee Titans**
San Francisco 49ers at **New Orleans Saints**
Washington Redskins at New York Giants
Chicago Bears at **Green Bay Packers**
Houston Oilers at **Detroit Lions**
Pittsburgh Steelers at **Baltimore Ravens**
St. Louis Rams at Atlanta Falcons
Buffalo Bills at **Oakland Raiders**
Cleveland Browns at **Dallas Cowboys**
New England Patriots at Arizona Cardinals
New York Jets at San Diego Chargers
Seattle Seahawks at Tampa Bay Buccaneers
Miami Dolphins at Cincinnati Bengals

Sept. 20

Minnesota Vikings at **Philadelphia Eagles**
Swami's total points: **65**

Name/Phone # _____
Comments: _____

Submit picks by 8 a.m. Sept. 17

Aerobics Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 a.m.	Squadron Cycle	Squadron cycle (7 - 8 a.m.)	Squadron cycle	Squadron cycle	
7:30 a.m.		FIP to Walk (8 - 9 a.m.)			Squadron cycle
8:30 a.m.		EZ Strength		EZ Strength	EZ Does It Strength
9:30 a.m.	FIP	FIP	Pregnancy class	FIP	FIP
10:30 a.m.					
11:30 a.m.	Core step aerobics	Core cycle	Core step aerobics	Core cycle	Intro to Fitball (11 a.m. - noon) Core step aerobics (11:30 a.m. - 12:30 p.m.)
noon					
12:30 p.m.			Intro to Yoga (11 a.m. - noon) Intro to Pilates-HAWC (noon - 1 p.m.)	Squadron cycle (12:30 - 1:30 p.m.)	
1 p.m.		Solano College			
2 p.m.					
3 p.m.	Squadron cycle		Squadron cycle	Squadron cycle	
4 p.m.	Pregnancy/Postpartum class	Core strength	Squadron step	Pregnancy class	Squadron cycle
5 p.m.	Core step	Pilates	Core Cycle	Core cycling	Pilates
6 p.m.	Turbo Kick	Core step	Power kick	Pilates	Yoga Stretch
7 p.m.	Total Body	Yoga stretch	Cycling	Hip-Hop	Total Body Tone
8 p.m.	Kickboxing (7 - 8:30 p.m.)		Cycling	Kung Fu (7 - 8:30 p.m.)	